

Your dentist has asked us to see you for some specialist orthodontic advice about your jaws and teeth.

These are some of the reasons why you may be referred to an orthodontist.

- My front teeth stick out.
- My teeth are crowded or 'wonky'
- I have some missing teeth or teeth that won't come through my gum.
- My teeth don't fit together properly
- My top teeth don't line up with my bottom teeth.

What is Orthodontic Treatment?

- This is the movement of teeth in order to straighten them, improve the appearance, function and sometimes also the bite (occlusion).
- The treatment involves the use of braces, which may be fixed, removable, or occasionally, attached to the outside of the head.

What does it involve?

- This depends upon the type of problem that you have. Initially an assessment will be made of the teeth including x-rays if necessary.
- Should you decide to proceed with treatment photographs of your face and teeth will be taken, together with moulds of the teeth so that digital models can be made.
- The treatment may be carried out using fixed, removable, functional or head braces, sometimes in combination.

What will happen at my first visit?

- This will be a short appointment to find out if you need orthodontic treatment, want treatment and are eligible for treatment. You will also need to be happy to commit to 18 months to three years of treatment with visits to see us here in Alfreton approximately every eight to twelve weeks.
- An orthodontist will examine your jaws and teeth, usually with two small mirrors and a ruler.
- You will have an IOTN score done (index of orthodontic treatment need). This will help to determine if you need treatment and if you are eligible for NHS treatment.
- We will explain the problems with your teeth and how we can help. This may involve braces and/or extractions.

What will happen next?

Please be aware a parent/legal guardian must be present at the first two appointments for consent purposes. No treatment planning will be done without consent from a parent/legal guardian.

- You may not be ready for treatment so we will arrange to see you again when you have grown some more teeth.
- Your dental health may not be good enough for braces. This is usually due to poor tooth brushing or untreated tooth decay.
- You may not need treatment or have a low IOTN score where you are not eligible for NHS treatment. We may be able to offer you private treatment.
- You are ready for treatment and eligible. Do you want braces? If so we will book another appointment for you to come back and get some records i.e. moulds (impressions) of your teeth, x-rays and possibly photographs. This information is used to plan your treatment.
- When the plan is finalised, we will give you a letter for your dentist for extractions (if required) and book appointments to fit your braces.

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